

**AMENDMENT TO THE CLAIMS:**

This listing of claims will replace all prior versions and listing of claims in the application:

Listing of Claims:

1-26 (Canceled)

27. (New) A telescopically adjustable support unit for mounting an article, comprising

a mounting frame for the article, the mounting frame being rotatable about a predetermined axis;

a first post section having an upper end and a lower end;

a second post section having an upper end attached to the mounting frame, and a lower end telescopically engaged with the upper end of the first post section;

a third post section having an upper end and a lower end, wherein the upper end is telescopically engaged with the lower end of the first post section;

a fourth post section having an upper end and a lower end, wherein the upper end is telescopically engaged with the lower end of the third post section;

wherein each of the first, second, third and fourth post sections is defined by a diameter;



a gimbals mounted on the first post section; and

a load supporting means connected to the lower end of the fourth post section.

28. (New) A telescopically adjustable support unit according to claim 27, wherein the diameters of the first and second post sections are such as to allow the third post section telescopically to enter into the second post section when the second post section is telescopically engaged with the first post section.

29. (New) A telescopically adjustable support unit according to claim 27, wherein the gimbals includes a sleeve movable lengthways with respect to the first post section and lockable thereto at a position between the upper and lower ends of the first post section.

30. (New) A telescopically adjustable support unit according to claim 27, wherein the gimbals includes a pivotally mounted support handle.

31. (New) A telescopically adjustable support unit according to claim 27 wherein the article supported is a camera.

32. (New) A telescopically adjustable support unit according to claim 27, wherein the load supporting means is releasably connected to the lower end of the fourth post section.